

Birchwood Athletic Club

We Make Fitness Fun For Everyone!

Birchwood Athletic Club
2900 Krafft Rd.
Fort Gratiot, MI 48059
(810) 385-4475

State of Michigan Employees
are invited to experience the
Birchwood Athletic Club

Thank you for your interest
in Birchwood Athletic Club.
Our multipurpose club has
everything you will need
for a physically fit life-
style. We are working
in conjunction with the
Surgeon General's
report which states,
"Lack of physical activity
is detrimental to your
health."

Exercise can provide
positive effects on many
things including mood,
quality of life, weight
management, cancer
prevention, diabetes,
cardiovascular disease,
musculoskeletal conditions
and much more.

We are a family owned
and oriented club that
caters to all fitness levels,
established over 27 years
ago. We invite you to come
and work out with us.

ONE MONTH FREE
and
NO JOINING FEE!

Limited time offer.



Hours:

Mon - Fri: 5:00AM to 10:00PM
Sat - Sun: 7:00AM to 8:00PM

Call, stop in,
or visit our website
for class schedules
www.birchwoodathletic.com